



SAFETY ADVISOR

SEPTEMBER 2015



Drowsy Driving Prevention Week *Sept. 1-6, 2015*

A study by the National Highway Traffic Safety Administration found 37 percent of Americans admitted to falling asleep behind the wheel. Sleepiness slows reaction time, decreases awareness, impairs judgment and increases the risk of crashing. That is why in 2010 the Florida Legislature designated the first week of September every year as *Drowsy Driving Prevention Week*. (Ronshay Dugans Act)

Driving while tired can be just as dangerous as driving while intoxicated. Fatigue behind the wheel can lead to loss of concentration and even falling asleep at the wheel, sometimes with tragic results. Whether it's due to lack of sleep or taking medication that makes you drowsy, the Department of Highway Safety and Motor Vehicles and the Florida Department of Transportation are teaming up with safety advocates to bring awareness to the dangers of drowsy driving during Florida's *Drowsy Driving Prevention Week* on September 1-6.

"Florida had 14 fatalities in vehicle crashes last year due to drowsy driving," said Department of Highway Safety and Motor Vehicles Executive Director Terry

L. Rhodes. "We are proud to partner with Ronshay Dugans' family and the Florida Department of Transportation to highlight the importance of drivers being well-rested behind the wheel to keep themselves, their passengers and other road users safe".

Florida Department of Transportation (FDOT) Secretary Jim Boxold said, "Providing a safe transportation system for our residents and visitors is the most important thing we do at FDOT. I am proud to continue our partnership with the Department of Highway Safety and Motor Vehicles to promote awareness of *Drowsy Driving Prevention Week*. FDOT encourages motorists to stay alert while on the roads and use our welcome centers, service plazas and rest areas when they need to take a break from driving."



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Facts About Drowsy Driving

Driving while Drowsy – What’s the Harm?

Most people are aware of the dangers of driving while intoxicated, but many do not know that drowsiness also impairs judgment, performance and reaction times just like alcohol and drugs. Studies show that being awake for more than 20 hours results in an impairment equal to a blood alcohol concentration of 0.08, the legal limit in all states.

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police reported crashes each year are caused primarily by drowsy driving and that such crashes result in more than 1,550 deaths, 71,000 injuries and \$12.5 billion in monetary losses. According to National Sleep Foundation surveys, half of American adults consistently report that they have driven drowsy and approximately 20% admit that they have actually fallen asleep at the wheel in the previous year. This brochure outlines the important facts about sleepiness behind the wheel and offers tips to help you drive alert and arrive alive.

Watch Out for Signs of Sleepiness

Most people are not very good at predicting when they are about to fall asleep. But there are key

warning signs to tell you when you are too tired to drive, including:

- Trouble focusing, keeping your eyes open or your head up.
- Yawning or rubbing your eyes repeatedly.
- Daydreaming and wandering thoughts.
- Drifting from your lane, tailgating and missing signs or exits.
- Feeling restless, irritable or aggressive.
- Turning up the radio or rolling down the window.
- Slower reaction time, poor judgment.

These are signs that you may be at risk of falling asleep behind the wheel. If you experience any of these, pull over immediately at a safe place, switch drivers, take a short nap, consume caffeine or find a place to sleep for the night.

Preventing a Fall-Asleep Crash

The best way to avoid a drowsy driving crash is to get adequate sleep on a regular basis, practice good sleep habits, and to seek treatment for sleep problems, should they arise. In addition, here are some important driving dos and don’ts:

DON’T

- Drive if you are tired or on medication that

Cont’d Page 3

DON'T

may cause drowsiness. (Check medication labels and speak to your doctor).

- Rely on the radio, an open window or other tricks to keep you awake.
- Drive at times when you would normally be sleeping.
- Drink even a small amount of alcohol, especially if you are sleepy.

DO

- Get a good night's sleep before a long drive.
- Get off the road if you notice any of the warning signs of fatigue.
- Take a nap – find a safe place to take a 15 to 20-minute nap.
- Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for several hours, but DO NOT rely on it for long periods.
- Try consuming caffeine before taking a short nap to get the benefits of both.
- Drive with a friend. A passenger who remains awake can help watch for signs of fatigue in the driver and can take a turn driving, if necessary.
- Always wear your seatbelt.

When we drive, we take responsibility for our own safety and the safety of others on the road with us. No trip is worth a life. Before you hit the road, keep these tips in mind so that you can drive alert and arrive alive.

Drowsy Driving – Who's Most at Risk?

Anyone who drives is at risk of falling asleep at the wheel, but some groups of people are more at risk than others. They include:

- **Young drivers** – Combining inexperience with sleepiness and a tendency to drive at night puts young people at risk, especially males aged 16-25 years.
- **Shift workers and people working long hours** – People who work night shifts, rotating shifts, double shifts or work more than one job have a six-fold increase in drowsy driving crashes.
- **Commercial drivers** – Those who drive a high number of miles and drive at night are at significantly higher risk for fall-asleep crashes. Commercial drivers have also been found to be at a high risk for sleep disorders.
- **People with untreated sleep disorders such as obstructive sleep apnea (OSA)** – People with untreated OSA are up to seven times more likely to have a drowsy driving crash. For some people insomnia can increase fatigue.

<http://drowsydriving.org>

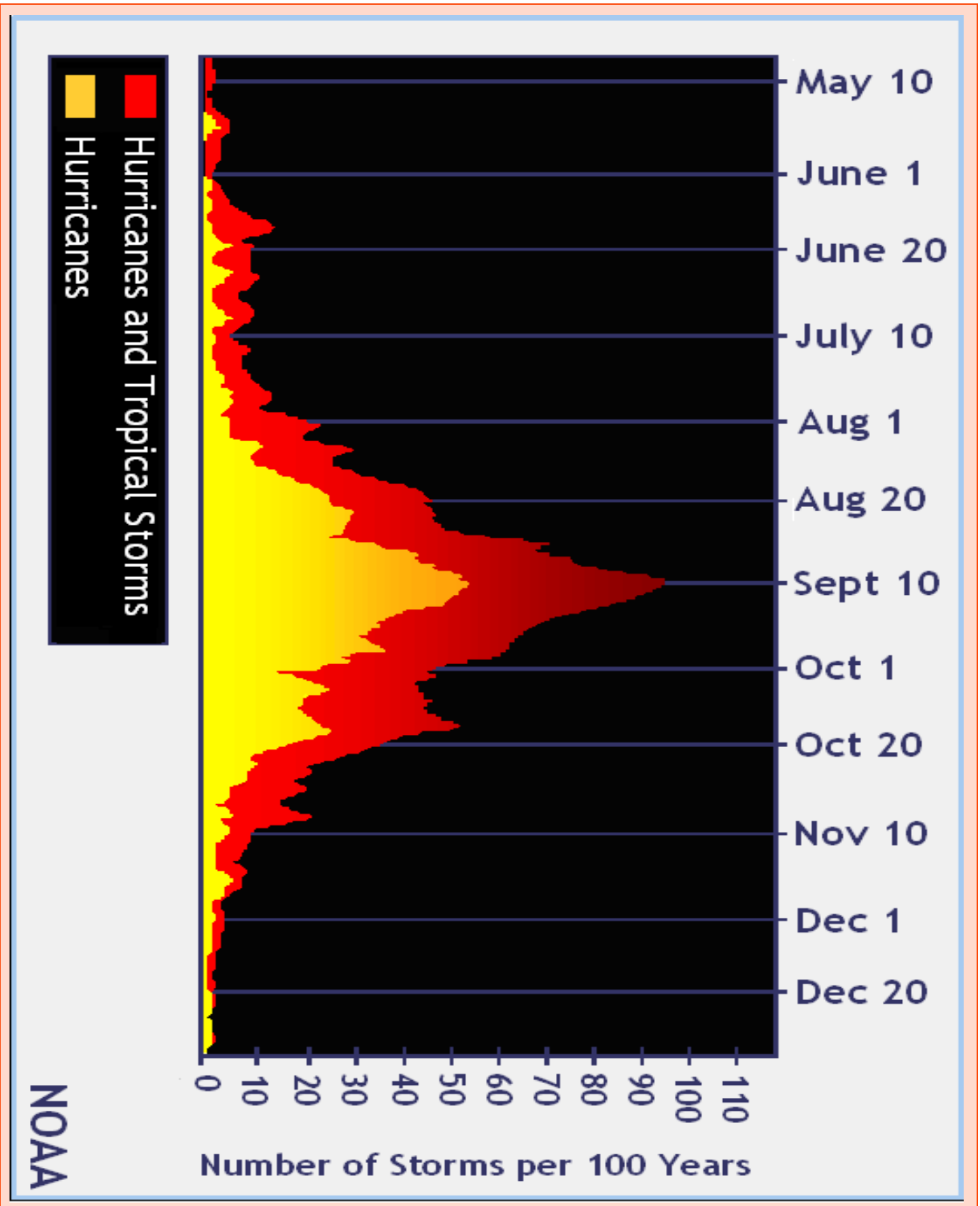
We Have Not Reached the Peak of Hurricane Season

The official hurricane season for the Atlantic Basin (the Atlantic Ocean, the Caribbean Sea, and the Gulf of Mexico) is from 1 June to 30 November. As seen in the graph on page five, the peak of the season is from mid-August to late October. However, deadly hurricanes can occur anytime in the hurricane season.

People become complacent. Emergency Managers always get concerned that the longer we go without a major hurricane the easier it becomes for residents to forget about how bad things can get. Complacency worsens as people equate glancing blows from weak storms with a hurricane experience. Additionally, according to the U.S. Census, more than 2 million people have moved to Florida since the last hurricane hit the state in 2005. The newcomers do not have experience with hurricanes. Therefore, underestimating the possibility of destruction has increased. All it takes is one.

Review of Preparedness before a hurricane:

- Assemble a hurricane survival kit. Obtain emergency supplies now to be self-sufficient during the storm and its potentially lengthy aftermath. If you wait until a hurricane is on your doorstep to buy these items, they will be in very short supply or even completely unavailable. Water for utility usage (not personal washing or consumption) may be stored in bathtubs and hot-tubs.
- Create a written emergency preparedness and action plan for your family and business. Review it, distribute it and be available to answer questions and concerns.
- Prepare crates or other safe transport for pets. Sixty-one percent of people will not evacuate if they cannot take their pets with them. Have food and familiar items ready for your pet.
- Buy plywood or shutters for protecting windows. Trim trees to lessen flying debris. Store outdoor furniture, umbrellas, and other objects that have the potential to become projectiles and harm others.
- Remember - many injuries occur before a storm from unsafe use of power tools before an emergency - stay calm and ask for help if unfamiliar with drills, saws and other tools.
- Find out if you live in a hurricane evacuation zone by contacting your local emergency management office. Make an evacuation plan if you live in an area vulnerable to storm surge or fresh water flooding, if you live in a mobile home or if you live in a high-rise building.
- Identify the evacuation route you will use if told to evacuate. Determine the nearest substantial, low-rise building outside of flood zones to which you can evacuate such as an official public shelter, a hotel or a friend's or relative's home. Find out if where you're going will accept any pets. Gas up your car. Do not store extra gasoline in an unsafe manner.
- Agree upon two places family members can meet if separated: one outside your home for an emergency while there and one out of the neighborhood if you cannot return home.
- Test emergency equipment such as generators and flashlights. Replace batteries, have extra batteries on hand. If using kerosene lanterns or candles, guard against fire. Store flammable liquids in a safe and secure manner.



Child Passenger Safety Week September 13-19, 2015

During Child Passenger Safety Week (September 13-19, 2015) many communities will have Certified Child Passenger Safety Technicians on-hand to provide education on how to use car seats, booster seats, and seat belts for children. Technicians can also help educate consumers about choosing the right car seat for their child, the importance of registering car seats with the manufacturer, and what to expect if the seat is subject to a safety recall. The week concludes with National Seat Check Saturday on September 19, when certified Child Passenger Safety Technicians across the country will be available at car seat events to offer advice and instruction to parents and caregivers.

KEY STATISTICS

Lives lost & injuries

- Car crashes are a leading cause of death for children.
- Every 34 seconds one child under age 13 is involved in a crash.
- From 2009 to 2013, 3,335 children under age 13 were killed and an estimated 611,000 children were injured in car crashes.
- In 2013 alone, 126,000 children under age 13 were injured as passengers in car crashes.
- On average, nearly 2 children under age 13 were killed, and 345 children were injured every day in 2013 while riding in cars, SUVs, pickups, and vans.
- From 2009 to 2013, 1,552 tweens (ages 8 to 14) were killed in cars, vans, and SUVs.
- In 2013, over one-third (38%) of children (under 13) killed in car crashes were completely unrestrained – they were not in car seats, booster seats, or seat belts.

Car seats, booster seats, and seat belts save lives

- In 2013, among children under the age of 5 in cars, an estimated 263 lives were saved by child restraints.
- An additional 55 children could have survived if car seat use was at 100 percent.

Car seats work best when used correctly

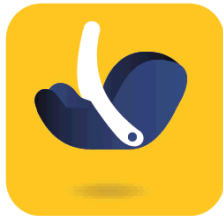
- In passenger cars, child safety seats reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers. For infants and toddlers in light trucks, the corresponding reductions are 58 percent and 59 percent, respectively.
- Most parents are confident that they have correctly installed their child's car seat, but in most cases (59%) the seat has not been installed correctly.

Child passenger safety laws

- For the past 30 years, all 50 States, the District of Columbia, and all U.S. territories have had laws requiring children to be restrained while riding in cars.
- Some States now require kids to ride in appropriate car seats or booster seats until age 9.

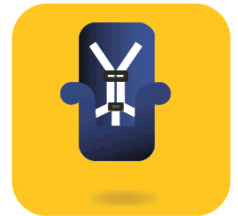
Remember

- Failure to read and carefully follow the installation instructions included with a car seat as well as those in the vehicle owner's manual can lead to incorrect installation, exposing a child passenger to the risk of injury or death in a crash.
- All children under age 13 should always ride in the back seat.



CHOOSING THE RIGHT SEAT: CHILD PASSENGER SAFETY TIPS

THERE ARE MANY CAR SEATS ON THE MARKET, BUT DO YOU KNOW HOW TO CHOOSE THE SEAT THAT BEST FITS YOUR CHILD'S NEEDS? SELECT A CAR SEAT BASED ON YOUR CHILD'S AGE AND SIZE, CHOOSE A SEAT THAT FITS IN YOUR VEHICLE, AND USE IT EVERY TIME.



BIRTH-12 MONTHS

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats.

- Infant-only seats can only be used rear-facing.
- Convertible and All-in-one car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

4-7 YEARS

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by the car seat's manufacturer.

Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat but still in the back seat.

1-3 YEARS

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by the car seat's manufacturer.

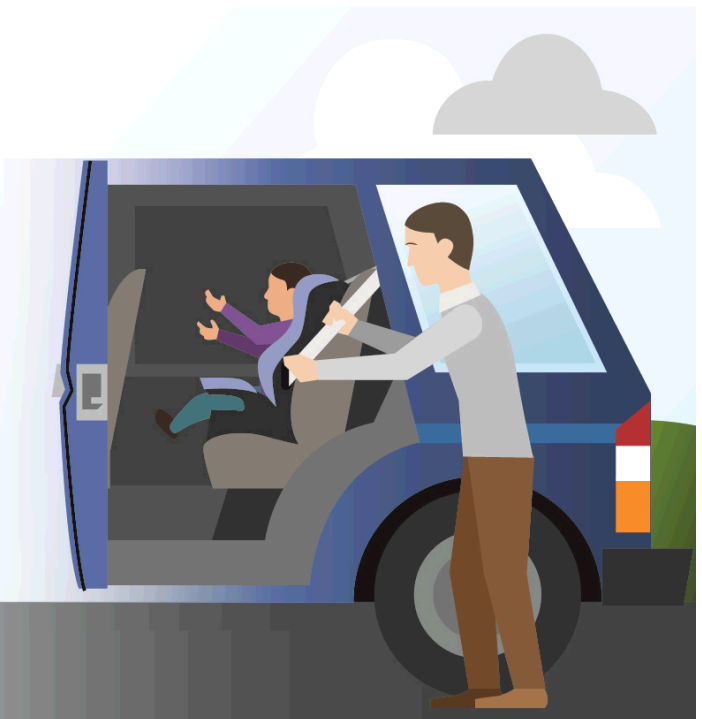
Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

8-12 YEARS

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face.

REMEMBER:

KEEP YOUR CHILD IN THE BACK SEAT AT LEAST THROUGH AGE 12.



DID YOU KNOW?



• In 2012 alone, 121,000 children under age 13 were injured as passengers in car crashes.

• In 2012, among children under the age of 5 in cars, an estimated 284 lives were saved by child restraints.



• In 2012, over one-third (37%) of children killed in car crashes were not in car seats, booster seats or seat belts.



• EVERY 34 SECONDS, ONE CHILD UNDER AGE 13 IS INVOLVED IN A CRASH.



• More than 3,390 children were killed in car crashes during a 5-year period (2008-2012). In addition, an estimated 613,000 children were injured.

• All 50 states, the District of Columbia and Puerto Rico have laws requiring children to be restrained while riding in cars.



Word Search Puzzle

X	C	H	S	E	D	N	X	M	F	F	M	M	C	S	R	C	N	C	A
S	Y	A	D	T	O	I	R	T	A	P	P	J	O	T	E	H	E	H	Q
S	R	X	R	B	A	Y	A	T	Q	I	O	N	M	L	B	I	A	H	W
P	A	E	I	S	S	E	I	L	S	Z	O	V	P	E	M	L	X	D	K
N	D	L	V	W	E	G	S	E	E	I	O	Z	L	B	E	D	I	P	I
B	B	T	O	I	U	A	I	R	T	R	C	H	A	Y	T	R	E	M	Y
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S	S	E	N	D	E	R	A	P	E	R	P	O	T	A	L	H	A	R	L
H	E	I	P	R	S	A	F	E	T	Y	V	M	O	S	S	C	T	E	I
Z	U	N	P	S	L	E	E	P	I	N	E	S	S	B	U	I	Z	T	V
M	R	R	O	S	I	D	A	Z	X	O	M	J	N	A	R	R	O	L	E
J	F	S	R	Z	J	G	V	H	G	W	F	L	T	E	E	F	D	E	B
P	R	Y	K	I	D	N	Y	D	G	Z	Y	I	D	L	U	J	E	H	X
C	K	E	L	W	C	O	H	K	M	C	O	W	A	W	M	H	I	S	F
O	W	J	F	O	B	A	O	K	L	N	A	D	I	R	O	L	F	D	X
F	E	Q	O	F	T	J	N	L	A	Z	Z	I	M	B	U	A	H	Z	E
T	W	M	M	U	G	B	T	E	F	E	L	R	Q	P	M	X	A	L	F
S	U	R	V	I	V	A	L	B	S	N	G	B	U	T	K	B	U	F	X

ALERT
ALIVE
BOOSTER SEATS
CAR SEATS
CHILDREN
COMPLACENT
DRIVERS
DROWSY

EVACUATION
FATIGUE
FLOODZONE
FLORIDA
HURRICANES
INJURIES
PATRIOT DAY
PREPAREDNESS

PREVENTION
SAFETY
SAFETY BELTS
SEPTEMBER
SHELTER
SLEEPINESS
SURVIVAL
TIRED

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SAFETY SLOGANS

**THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.**

DON'T DRINK & DRIVE.



*Just because you have a smart phone it doesn't
mean it's smart to text and drive.*

OR

*It takes 3 seconds to view a text, and for a child to
step into the road.*

OR

No Text is Worth a Death.



Hotline

Safety Hot Line
(850) 414-5255

You can report hazards by telephone.
You can remain anonymous.
Everything is confidential.

Hotline

Hotline

Hotline

Hotline

This monthly newsletter is produced in the State Safety Office by Mark Eacker. For content information, please call or email the editor, Mark Eacker, at:

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Our internet address is: www.dot.state.fl.us/safety

Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs,
please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, FL 32399

Safety Slogan of the Month Entry Form

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		

What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)

Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

Please Print
Safety Slogan

Name: _____ Location/Office: _____

District: _____ Phone: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4 PAY DAY	5
6	7 LABOR DAY STATE HOLIDAY	8	9	10	11 Patriot Day	12
13	14	15	16	17	18 PAY DAY	19 National Seat Check Saturday
20	21	22	23 Autumnal Equinox	24	25	26
27	28	29	30	31	1	2

THE MONTH OF SEPTEMBER

September 2015 is Observed as	National Cholesterol Education; National Alcohol and Drug Addiction Recovery Month; National Honey Month; National School Success Month; Prostate Cancer Awareness Month; and Leukemia & Lymphoma Awareness Month.
Birthstone	Sapphire
Fruit & Veggies for the Month	Nectarines; Figs; Cayenne Pepper; Chili Peppers; Poblano Peppers; Serrano Pepper; and Jalapeno Pepper.
September Flower	Aster & Forget-me-not.
Astrological Signs	Virgo (till 22th) & Libra (23rd →).
Other September Dates & Events	Sept.19: Seat Check Saturday Sept 26: Family Health & Fitness Day USA